

The Senior Profile



Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717
Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM
Closed Monday, February 15th for Presidents Day
Telephones: 508-763-9557 & 508-763-9084 / Fax: 508-763-9084 E-mail: Freetowncoa@aol.com

The distribution of this newsletter is made possible (in whole or part)
By a grant from the Massachusetts Executive Office of Elder Affairs

The Council on Aging's purpose is to help and serve seniors. There is no membership.
Everyone is invited to participate in all activities at the senior center. Come by and enjoy!

NEW CHANGES

For the New Year we are going to implement some changes. For the catered meals and the meat bingo, you must pre-pay before the activity. Staff will not pay the shortfall.

Once Upon a Generation-Do You Remember...

Paying twenty-five cents to see a movie, using a rotary phone, coming home when the street lights came on, riding a bike without a helmet, ration stamps, war demonstrations, and the hippie years? There are generations of children that have no concept of what it was like to grow up in the 30's, 40's, 50's, 60's... Come join us to discuss the possibilities of sharing some of those memories with a student, eager to hear your stories.

Storytellers Karen Chace and Andrea Lovett are seeking participants to join in an intergenerational program of sharing stories from your lives. (Space is limited) Please come for a light lunch of pizza and beverage. Bring your questions and learn more about the upcoming project. Registration is required for the luncheon so we may anticipate the amount of food to bring.

Date: Thursday, March 24, 2016 Time: 12:00 PM
Location: Freetown COA; Please call Barbara at 508-763-9557 to register for the luncheon.

Bingo Meat Games

Wednesday, February 17th, at 12:30 PM. Cost is 2 cards for \$5.00. **You must call and pay your \$5.00 required donation to reserve a seat by Friday, February 12th.**

If you win a Bingo, you can go and choose a tray of meat. The meat packages will consist of smaller portions perfect for one or two people.

Freetown Senior Birthday Party

On Thursday, February 11th, at 12:00 PM, we will be having our Birthday party for seniors of Freetown. Lunch is Apricot Chicken, by Cyd's Creative Kitchen. RSVP and \$4.00 due by Thursday, February 4th. All are welcome.

Chair Massage

Mondays from 10:00 AM to 1:00 PM at the COA. Call for an appointment.

Chair Massage has many documented benefits such as stress reduction, pain relief and increased circulation. Whether you are looking for pain relief or relaxation, massage is a great thing to add to improve your quality of life. \$4.00 donation requested for 15 minutes.

Yoga

Fridays, from 8:30 AM (w/chair) and 9:30 AM (w/mat). Yoga-As we age, we begin to lose muscle mass and coordination, this can result in energy loss and an increase risk of falls. This yoga class is designed to improve flexibility, balance, and strength. With many different variations (including the use of chairs) for each pose, this class is for everyone! Beginners encouraged. \$4.00 donation requested.

Cyd's Luncheons on Tuesdays

February 2nd, at 11:30 AM, Lasagna, RSVP by January 26th, \$5.00 PP
February 16th at 11:30 AM, Meat Pie, RSVP by February 9th, \$5.00 PP

Inclement Weather

Please note, if the schools are closed due to bad weather, our van will not run. Call to see if the office is open. Safety is our main concern

Parkinson's Support Group

Our next meeting will be held on Thursday, February 11th, at 1:00 PM, at the Dartmouth Council on Aging, 628 Dartmouth St, Dartmouth. Carolyn Lazaris and Stephanie Gibson, Family Caregiver Support Specialists from Coastline Elderly Services, Inc. will speak. Topic: "RESPITE" Why it's important to both parties. Yoga w/Kat follows...\$3.00 P/P. Please call Judy Medeiros at 508-997-0907 for reservations and any questions. Please join us!

Submitted by Judy Medeiros

Senator and Representatives

Representative Carol Fiola will be here Monday, February 1st from 10:00 AM to 11:00 AM
Representative Paul Schmid will be here Monday, February 1st from 10:30 AM to 11:30 AM
Senator Michael Rodrigues will be here Friday, February 26th from 9:00 AM to 10:30 AM



Pool Table

Mondays, at 9:00 AM

The pool room is free most days. Call for availability. There are pool players here almost every day. Come on over and play a game. Call the COA! Come in and have some coffee. The current pool players like showing people how to improve their game. Many times they may be here by 8:00 AM, they enjoy it so much.

Coffee & Muffins

Mondays at 10:00 AM

Come on in and have a cup of coffee with fresh muffins to meet other people from town.

Card Games

Garbage and Pitch

Mondays, 1:00 PM to 3:00 PM

BINGO

Tuesdays from 12:30 to 3:00 PM, The license for bingo requires that you be at least 60 years old to play

Painting Class

Wednesdays 9:00 AM to 11:00 AM

Line Dancing

Wednesdays, 9:30 AM at the Freetown VFW
Lessons \$2.00 per person, all ages are welcome.

Blood Pressure

Wednesday, February 24th, at 10:30 AM

Fuel Assistance

All applicants please call the COA to make an appointment.

Family Size: 1 Person 2 Person 3 Person 4 Person
UP TO: \$33,126 \$43,319 \$53,511 \$63,704

There are forms and paperwork you must collect to fill out the Fuel Assistance form.

You must talk to Barbara or Rose to make this appointment.

Scrabble

Thursdays, 12:30 PM

The Freetown Senior Club

Thursdays:

February 4th, 1:00 PM

February 18th, 1:00 PM

Kanakis Produce

Discount on Fruit and Vegetables

Fridays, 10:00 AM

Please call if you plan to come.

Volunteers are urgently needed to provide a unique, essential service, a lifeline for many low income seniors. The Money Management Program was developed to assist low-income elders who have difficulty writing checks, balancing their checkbooks and managing their money. Some of these elders may be homebound, visually impaired, confused, and without family nearby to help. The program is managed by Coastline, a private, non-profit agency, with the purpose being to provide assistance to elders who might be at risk of losing their independence due to their inability to pay basic rent, food, and utility bills on time. This service only requires a couple of hours per month of your time.

Please call Linda Aguiar for more information at 508 742-9113 or email laguiar@coastlinenb.org.

Submitted by Linda Aguiar, Coastline Elderly

Veterans Agent






If you need me, Bob Klevecka, please call 508-763-3190, Monday thru Thursday, 9:00 AM to 3:30 PM

Knitting and Crocheting Club

Mondays, 10:00 AM to 12:00 PM

Bring your own supplies. Please call the Senior Center if you would like to attend.

Freetown-February 2016

Mon	Tue	Wed	Thu	Fri
1 9:00 Pool 10:00 Muffins 10:00 Knitting 10:00 Massage 10:00 Rep. Fiola 10:30 Rep. Schmid 1:00 Cards & Pitch	2 11:30 Cyd's Luncheon 12:30 Bingo 	3 8:30 AARP Taxes 9:00 Painting 9:30 Line Dancing	4 12:30 Scrabble 1:00 Senior Club Birthday Deadline	5 8:30 & 9:30 Yoga 10:00 Kanakis 10:30 Closed
8 9:00 Pool 9:30 Podiatrist 10:00 Muffins 10:00 Knitting 10:00 Massage 1:00 Cards & Pitch	9 12:30 Bingo Cyd's Deadline	10 8:30 AARP Taxes 9:00 Painting 9:30 Line Dancing	11 11:00 Gold Buying Event 12:00 Birthday 12:30 Scrabble  Don't Cry Over Spilt Milk Day	12 8:30 & 9:30 Yoga 10:00 Kanakis 10:30 Closed Meat Bingo Deadline
15 Closed  <small>PRESIDENTS DAY</small>	16 11:30 Cyd's Luncheon 12:30 Bingo Independence in the Home Seminar Deadline	17 8:30 AARP Taxes 9:00 Painting 9:30 Line Dancing 12:30 Meat Bingo	18 12:30 Scrabble 1:00 Senior Club	19 8:30 & 9:30 Yoga 10:00 Kanakis 10:30 Closed
22 9:00 Pool 10:00 Muffins 10:00 Knitting 10:00 Massage 10:30 Independence in the Home Seminar 1:00 Cards & Pitch	23 12:30 Bingo  1945 U.S. Flag raised at Iwo Jima	24 8:30 AARP Taxes 9:00 Painting 9:30 Line Dancing 10:30 Brown Bag 10:30 Blood Pressure 3:30 Closed	25 12:30 Scrabble	26 8:30 & 9:30 Yoga 9:00 Sen. Rodrigues 10:00 Kanakis 10:30 Closed
29 9:00 Pool 10:00 Muffins 10:00 Knitting 10:00 Massage 1:00 Cards & Pitch				



"There's No Place Like Home" Seminar

Presented by Southeastern Mass Health and Rehab Center

Monday, February 22nd at 10:30 AM

A Common concern of seniors everywhere is how long they will be able to remain independent and stay in their current home. There are many things you can do to keep yourself physically able to remain at home. Join us for a presentation that includes health tips, demonstration of adaptive equipment and resource information for supportive services. Our Director of Rehab Services will also be presenting and be available to answer any questions you may have. Please RSVP by Tuesday, February 16th.



AARP TAXES

Wednesdays, starting February 3rd, from 8:30 AM to 3:00 PM, we will have a representative from AARP at the COA to help seniors with their taxes. Please call the COA for an appointment and further information. Even if you do not have to file an income tax return, if you pay rent or real estate taxes, perhaps you should. You might qualify for the Circuit Breaker from the state and get a refund.

If You Plan on Having Your Taxes Done This Year at the Senior Center, Please Be Aware of these IRS Requirements

You must show your Social Security card and photo Id – to prevent identify fraud; You must return the completed Intake/Interview Sheet (salmon form) that you will receive in the mail when you make your appointment.

HERE IS A CHECKLIST OF WHAT TO BRING WHEN YOU COME:

A. Income:

Copy of last year's returns; Social Security card and photo ID; All W-2's if you are working; Your SSA-1099 form if you have Social Security benefits; All 1099 forms (1099-Int, 1099-Div, 1099-B) if you have interest dividends, and documentation showing original price of assets sold; 1099-R if you have a pension, IRA or annuity; 1099-G if you have unemployment benefits and/or a state tax refund; 1099-Misc showing any other income: jury duty, stipends awards etc.; W-2G if you have gambling winnings; Any other income forms (ex. Sale of a Home); Receipts or cancelled checks if itemizing deductions.

B. Adjustments to income: (even if you don't itemize)

Educator expenses, moving expenses, alimony, business expenses, student loan interest.

C. Expenses/Deductions:

All forms showing federal and/or state taxes paid, including estimated taxes paid; All receipts or cancelled checks if you are itemizing deductions: un-reimbursed medical and dental expenses, real estate and property taxes paid, gifts to charity, job expenses, gambling losses against gains, home mortgage interest, etc.; Rent paid; If you are over 65 and applying for the Massachusetts Circuit Breaker, please bring cancelled checks or receipts showing what you actually paid in 2015 in real estate taxes or rent, and water/sewer bills; If you have dependents, please have all their information: Social Security cards, ages, wages, Child and Dependent Care Expenses.

Affordable Care Act: Have PROOF OF HEALTH INSURANCE COVERAGE – in order to avoid a penalty

Reminder: If you wish to have your refund deposited into your bank account or tax due withdrawn from your bank account, please bring a CHECK (NOT A DEPOSIT SLIP) with the routing number.

AND PLEASE DON'T FORGET TO BRING A COPY OF LAST YEAR'S INCOME TAX RETURNS,
STATE AND FEDERAL

Submitted by Sister Joseph Marie Levesque

SHINE Counselor

(Serving Health Insurance Needs of Seniors)

If you have any questions for SHINE, please call their regional office at 508-222-1399

USDA CAN HELP REPAIR YOUR HOME RURAL DEVELOPMENT

Home Improvement & Repair Loans and Grants (Section 504) are funded directly by the Government. These loans and grants are available to assist people who live in rural communities with a population of 20,000 or less.

Purpose: The Very Low-Income Housing Repair program provides loans and grants to very low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

→504 GRANTS

- Applicant must live in an eligible town
- Applicant must be 62 years of age or older
- Applicant must own and occupy a modest dwelling
- Applicant must have a very low income and be unable to repay a loan at 1% annual interest rate
- The repairs and improvements to be made must be necessary to make the dwelling safe and sanitary and/or remove health and safety hazards.

→A 504 Grant can be approved for up to \$7,500. The applicant does not have to pay the grant back to the government, but will be required to remain in the dwelling for a period of three years after receiving the grant.

→The total assistance available through the Section 504 Program is \$27,500, which could consist of a combination loan and grant.

→504 LOANS

- Applicant must live in an eligible town
- Applicant must be at least 18 years of age
- Applicant must own and occupy a dwelling
- Applicant must have a very low income and be able to repay a loan at 1% annual interest rate
- The repairs and improvements may be general repairs to improve or modernize the property, as long as the dwelling remains modest.

→ A 504 Loan can be approved for \$20,000 at a 1% interest rate which is payable over 20 years.

Income limits yearly by household for Freetown:

1 \$25,600	2 \$29,250
3 \$32,900	4 \$36,600

To contact Rural Development please call 508-295-5151, extension 3, TDD: 413-253-4590, or on the web at www.rurdev.usda.gov/ma

GOLDSILVER**PLATINUM**

Marc Folco will hold a **gold buying event** at the Freetown Senior Center on Thursday, February 11th, from 11:00 AM to 1:00 PM. Anyone can attend. A portion of the proceeds will be donated to the senior center. Please call the COA for further information.

Podiatrist

The Foot Doctor will be here Monday, February 8th, at 9:30 AM and Thursday, March 17th at 10:00 AM. You must call Dr. Markowitz to make an appointment at 1-401-455-3554

VAN SCHEDULE

The van runs every **Monday, Tuesday, Wednesday and Thursday**. Please call the COA at 508-763-9557 for further information. We must have at least a 48 hour notice for the van.

VAN SCHEDULING

In order to be more efficient with the van when you call in, please have the exact **name and address** of your destination and if you need the wheelchair lift. We can no longer schedule without this information. Thank you in advance for your cooperation.

YOU ARE REQUIRED BY LAW TO WEAR A SEAT BELT! NO SEAT BELT-NO RIDE

"Brown Bag" Program

Wednesday, February 24th

From 10:30 AM to 12:00 PM

At the front of the building

"Brown Bag" distribution will be held at the Freetown Council on Aging. You must be 60 years of age or older, recipients must be low income, as measured by participation in (or eligibility for) at least one other program in which proof of income has been demonstrated. This includes elders who are eligible for SSI, Medicaid, Fuel Assistance and Food Stamps, OR your gross household income is at or below the guidelines listed.

1 person	\$1,815 per month
2 people	\$2,456 per month
3 people	\$3,098 per month
4 people	\$3,739 per month

For questions call 508-763-9557. We will deliver the brown bag if you cannot pick it up. If not picked up by Thursday, we will donate it.



FREETOWN COUNCIL ON AGING
227 CHACE ROAD
EAST FREETOWN, MA 02717
ADDRESS SERVICE REQUESTED

STAFF AND BOARD MEMBERS:

Barbara A. Lafleur, Director
Rosemary Haley, Senior Clerk, Editor

COA Board:

Jeannette M. Tisdelle – Chair Person
Marion E. Rylands – Vice Chair Person
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Election Workers Wanted

This year will be a busy election year with the Presidential Primary, local election, State Primary and Presidential Election on the horizon. We have a shortage of the required Democrat and Republican workers needed to run these elections at the polls. Shifts can run 6 to 8 hours or as needed. This is a paid position. All elections are held at the Freetown Elementary School gymnasium. You must be a registered voter and be able to provide your own transportation.

If you think you would be interested in working at the polls during the elections, please forward a letter stating your interest to Jacqueline A. Brown, Town Clerk, P. O. Box 438, Assonet, MA 02702.

Submitted by Jacqueline A. Brown

DIRECTORS NOTE

NEW CHANGES

For the New Year we are going to implement some changes. For the catered meals and the meat bingo, you must pre-pay before the activity. Staff will not pay the shortfall.

Thank you to Holli Panagos who runs the knitting class for the donations we received of hats, gloves, etc. for our grocery room!

If you wish to receive your Senior Profile by e-mail, please send us your e-mail address at Freetowncoa@aol.com. They have a town web site if you wish to check out anything to do with the town at www.freetownma.gov.

